

InTouch™

with Kesgrave & Rushmere

www.intouchnews.co.uk



Ipswich Guided Walks
Season In Full Swing
See page 6



BOOK ONLINE NOW

Sixth Form Information Evening

Tuesday 24 September
5.30pm - 8pm

www.ipswich.school/openevents



Swap chit chat for chiffchaffs.



A busy social life is all well and good, but sometimes it's nice to have a moment's peace and quiet.

We offer rooms with a garden terrace, so you can take a break from the hubbub and listen to what the birds have to say instead.

Every moment.



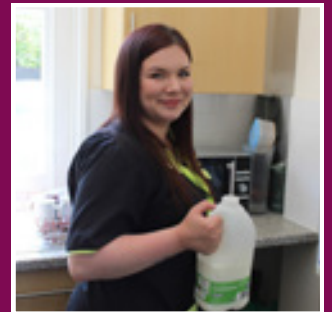
HALLMARK

BUCKLESHAM GRANGE
LUXURY CARE HOME

Discover what's possible at
hallmarkcarehomes.co.uk/bucklesham-grange
Bucklesham Grange, Ipswich, IP3 8UB

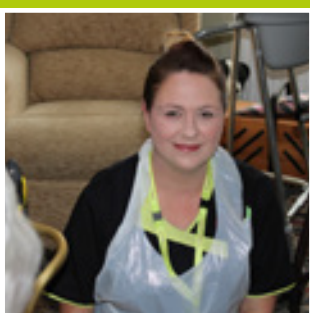


We provide personal care and practical help at home for anyone over the age of 18, to help you live well and independently.



Inspected and rated
Outstanding ☆
Care Quality Commission

**St Elizabeth
Care Agency**



Call: **01473 707900**
stelizabethcareagency.co.uk





PUBLISHED BY:
Mansion House Publishing (UK) Ltd
20 Wharfedale Road, Ipswich IP1 4JP

EDITORIAL

Kyra Stone
T: 01473 400380

Send editorial copy to:
kesgrave@intouchnews.co.uk

Readers are invited to submit articles, illustrations and photographs for publication. The publishers reserve the right to amend such submissions and cannot accept responsibility for any loss.

ADVERTISING

T: 01473 400380
E: advertising@intouchnews.co.uk

PRINTING

Colourplan Print: 01473 400379
E: steve@colourplan.co.uk

DISTRIBUTION

Tree Martin: 01473 400380
E: tree@intouchnews.co.uk

Disclaimer: The views expressed by contributors are not necessarily those of the publisher. Every effort is taken to ensure that the contents of this magazine are accurate but the publisher cannot assume any responsibility for errors or omissions. While reasonable care is taken when accepting advertisements or editorial, the publisher/editor will not accept responsibility for any unsatisfactory transactions and also reserves the right to refuse to include advertising or editorial. They will, however immediately investigate any written complaints.

© Mansion House Publishing (UK) Ltd.
No part of this magazine may be reproduced or used in any form or by any means, either wholly or in part, without the prior written permission of the publisher.

© In Touch with magazines are published by Mansion House Publishing (UK) Ltd

Cover Image by Pixels



Printed on gloss paper from FSC certified sources.

A WORD FROM

The Team

Just like that we're in August!

It's hard to believe we are now more than halfway through the year, where does the time go? If only the weather felt more like summer then we might not feel so out of sorts with the months. With Wimbledon and the Euros over, you may now be immersed in the Olympics. Good luck to team GB, lets hope they bring home plenty of medals. They may even inspire you to take up a sport that you've never tried before. Many of you will be looking for something to entertain the children or grandchildren with this month, we hope you find something in the pages of this magazine to take part in and have a lovely summertime, whatever the weather has in store!

The In Touch Team



A gentle reminder that the deadline for the September edition is the 5 August.

While every effort has been made to include all editorial supplied to us, unfortunately due to rising material and print costs we can't always guarantee your edit will feature in the printed version of our magazine. We will endeavour to include everything on our website which doesn't feature in the magazine.

More local stories from Kesgrave can be found on our website:
www.intouchnews.co.uk/kesgrave

We will keep you moving long into 2024 and beyond

- ✓ MOT
- ✓ Servicing
- ✓ Repairs
- ✓ Tyres/Exhaust/Batteries
- ✓ Welding
- ✓ Maintenance & inspections on all vehicle makes

FREE COLLECTION SERVICE AVAILABLE

A&D MOTORS

01473 620394 | daveadmotors@gmail.com

Unit 14, Springbank Industrial Estate, Monument farm lane, Foxhall, Ipswich IP10 0AQ

Safer Village Driving (SAVID) New Road Safety Funding and Community Activities

The Safer Village Driving (SAVID) group has welcomed £7.4k of funding awarded by the Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership. The funds are being used to purchase two new SIDs (Speed Indicator Devices) for use within its member villages, and support the Community Partnership's priority of Road and Traffic Safety.

The new equipment adds further momentum to the SAVID group of nine Parish Councils and their volunteers in north and east Ipswich sharing expertise, information and equipment to deliver vital road safety projects.

Pauline Procter, SAVID Chair says, "We constantly hear from our members that whenever residents are asked about 'quality of life' in their village, one of the top answers concerns traffic. This may be about the volume and/or type of traffic but, without doubt, the speed of passing vehicles causes the most concern. I'd like to thank Councillor James Wright of Rushmere for his work on our successful funding bid. Rushmere's established programme of coordinated SID and Community Speed Watch activities is very informative for our SAVID members."

Rushmere Parish Council is a member of SAVID along with Tuddenham St Martin, Playford, Little Bealings, Martlesham, Grundisburgh and Culpho, Great Bealings, Swilland and Witesham, and Charsfield. Members of the public are welcome at SAVID meetings. For more details contact: suffolksavid@gmail.com.

Rushmere Commoners Committee

With the hotter drier weather comes great vigilance. We are entering that time of year where everyone needs to be more vigilant with respect to fires. We know the common will be busier with more walkers, golfers and people just enjoying the open space. Unfortunately this increases the risk of fire through discarded cigarette butts, careless littering etc. Please report any sightings to 999 and remember to use the what3words application to help the fire service to get to the right location quickly.

People are also reminded that the common is a designated public place, with that comes some restrictions and considerations for others. Any anti-social behaviour should be reported to the police. We want the common to remain a safe and pleasant space for all commoners and visitors to enjoy, throughout the year. Kevin and his team from Cut N Clear It are continuing to maintain the fire breaks and are working on several of the paths to ensure access away from the golfing areas.

This year with the grass being left to grow around the edges of the golf course, it's amazing to see how many different types there are and their different colours.

The recent AGM went well, but we are still looking for volunteer trustees to help us manage the common for the best use of everyone. As a charity organisation with no statutory funding, budgets can be tight so all work is prioritised with safety being paramount. The RCC's primary funding source is the licence fee paid by Rushmere Golf Club and some smaller amounts from utility companies for having equipment housed on the common. It is therefore very important the committee reviews all works and projects carried out to ensure they are of benefit to the many and the natural habitats we are very keen to preserve.

Email: clerkrushcommoners@gmail.com

Website: rushmerecommonertrustees.onesuffolk.net

Rushmere Evening WI

At our June meeting our speaker was Simon Myhill, who is the Clinical Lead and Audiologist at The Hearing Care Centre. Simon talked to us about the different types of hearing loss, their causes and what can be done to help. He also gave us tips and pointers to help with tinnitus. Hearing loss can be life changing for many people so it is good to understand that help is available from trained Practitioners, who work closely with GP's if necessary.

Meetings are held at the Rushmere Village Hall on Humber Doucy Lane starting at 7.30pm. There is no meeting in August so our next meeting is Thursday, 5 September – Flower arranging with Janet Dye.

Visitors are welcome to come along and see what we do. Members can join our regular socials and wide variety of sub-groups. Contact us via the Suffolk East Federation: office@sefwl.org.uk

Rushmere St. Andrew Parish Council

Two New Noticeboards

We have recently installed two new noticeboards at Tower Lane and Beech Road to replace the old boards that were no longer fit for purpose. These new noticeboards have been carefully selected to blend in with the natural surroundings, providing an aesthetically pleasing and functional addition to the parish. They are designed to help disseminate important information to residents, ensuring that everyone stays informed about local events, council meetings, and community updates. The Parish Council would like to thank Councillor Deborah Dean from East Suffolk Council for her generous support. This project was made possible through funding from her Enabling Communities Budget, demonstrating her commitment to improving local amenities and supporting community engagement. Residents are encouraged to regularly check the noticeboards for the latest news and information. The Parish Council remains committed to improving community resources and welcomes any feedback or suggestions from residents on further enhancements.

Doggiebins

Rushmere St. Andrew Parish Council is pleased to announce that funding has been secured to replace nine dog waste bins across the parish that are no longer fit for purpose. This initiative is part of our ongoing commitment to maintaining a clean and welcoming environment for all residents and visitors. The Parish Council would again like to thank Councillor Deborah Dean from East Suffolk Council for her generous support to replace these essential facilities to keep our public spaces clean and enjoyable for everyone. This project was made possible through funding from her Enabling Communities Budget.

The replacement of these dog waste bins will begin immediately, with the new installations expected to be completed within the next couple of months. The new bins are designed to be more durable and user-friendly, ensuring that dog owners have convenient and accessible facilities to dispose of pet waste responsibly. We kindly ask all visitors and residents to support this initiative by using the provided dog waste bins and encouraging others to do the same. By working together, we can ensure that Rushmere St. Andrew remains a pleasant and safe place for everyone to enjoy.

Wildflower Walk and 30 Days Wild

We are pleased to report that the recent wildflower walk around the Rushmere St Andrew village was an enjoyable and educational experience for all of those attending. It was also a valuable opportunity to foster community engagement and environmental conservation. Participants learned about the importance of preserving natural habitats and the role that wildflowers play in supporting pollinators such as bees and butterflies. We would like to thank Councillor Paul Blundell for leading this interesting walk. The success of the Wildflower Walk and the recent 30 Days Wild initiatives have sparked interest in hosting more nature-based events in the future. Plans are already underway for another wildflower walk, bird-watching walks and butterfly walks, and other initiatives. Look out for information on upcoming events on our parish council website or following us on social media. We would like to thank Councillor Stuart Lawson for supporting these initiatives through funding from his Locality Budget at Suffolk County Council.

Appeal for Knitted Poppies for Remembrance Poppy Display

As we approach Remembrance Day, Rushmere St. Andrew Parish Council is planning a special commemorative display to honour and remember those who have served and sacrificed for our country. To make this display truly meaningful and community-driven, we are launching an appeal for knitted and crocheted poppies to add to those that we received and displayed last year. Each poppy will represent a personal tribute and a collective expression of gratitude from our community.

How You Can Help – Knit or Crochet Poppies: Use any pattern you prefer or find inspiration from the suggested patterns on our parish website. Red yarn is traditionally used, but feel free to get creative with shades of red, black for the centre and green for leaves. Donate Yarn: If knitting is not your forte, consider donating red, black, or green yarn to support those who will be crafting the poppies.

Please send us your knitted or crocheted poppies when you have completed them and at least by mid-October. It would be appreciated if you could drop the poppies at the parish office. Thank you for your support and participation.

The Parish Office: Please phone or email the Parish Office to make an appointment before visiting. Parish Clerk: clerk@rushmere-st-andrew.org.uk or telephone: 07568 632110

Website: www.rushmerestandrew.onesuffolk.net

Instagram: [rsaparishcouncil](https://www.instagram.com/rsaparishcouncil/) / Facebook: Rushmere St-Andrew Parish Council



CARING WINGS LTD
THE SHAPE OF YOUR CARE FORGED
WITH PASSION AND DEDICATION



Our compassionate and highly trained caregivers are dedicated to ensuring your well-being and enhance your quality of life in the comfort of your own home.

OUR SERVICES

- Personal Care
- Companionship
- Home Help
- Respite
- Dementia Friendly

Contact us today at:



01473 898987



www.caringwings.co.uk

DOMICILIARY CARE



WE REPAIR **BETTER**
THAN ANYONE
OUT THERE

The **WIND** DOCTOR

Does your Double Glazing steam up? We replace just the glass and not the frames at a fraction of the cost for new windows

WE SPECIALISE IN
**DOUBLE GLAZING
REPAIRS**
AND NEW



WINDOW & DOOR INSTALLATIONS

PROBLEMS WE SOLVE



ELIMINATE WINDOW
CONDENSATION



SECONDARY GLAZING
TO BLOCK OUT NOISE



BROKEN WINDOW
PARTS



DOOR LOCKS



BROKEN GLASS



LOCKSMITHS



- Upgrade to energy efficient double glazing
- Install secondary glazing to save on energy costs this winter

**INSULATE
YOUR HOME**

FREE PHONE: **0800 25 45 111** FOR YOUR FREE CHECKUP WWW.MRMISTY.CO.UK

Kesgrave Town Council

Town Council Meetings in August

12 August: 6.15pm Planning and Development
 Kesgrave Market: Saturday, 17 August at the Scout Hall from 9am-12noon

Kesgrave Town Council, Ferguson Way, Kesgrave, IP5 2FZ
 01473 625179 / enquiry@kesgravetowncouncil.org.uk
 Monday, Tuesday, Wednesday and Friday 9am-1pm. Closed Thursdays

Town Council Communication Survey

Help the Town Council to shape how best to communicate with you, our residents. Please scan the QR code to complete.



Kesgrave Community Chinwag

A vibrant community hub for the over 60's – a free, sociable afternoon where laughter echoes through the hall, stories are shared and friendships blossom over cups of tea. Kesgrave Community Chinwag takes place every third Friday of the month from 2-4pm at Kesgrave War Memorial Community Centre – Fiona and her fabulous team of volunteers are ready to welcome you all.

To book your seat(s) please call Kesgrave Community Centre on 01473 612648, or email Fiona: chinwag@kwmcc.co.uk.

Please note: you must book in advance. We have a maximum of 150 seats, still allowing a little space for dancing if anyone feels so inclined! We run a BIG, very popular Raffle at the session each month which costs £1/ strip to enter. We keep our Facebook page updated with goings on; for more information visit Kesgrave Community Chinwag.

On Friday, 16 August we'll have Steve of Solitaire Entertainments with us for the afternoon – available to book from 22 July. These events are delivered to you by Kesgrave Community Centre, through funding received from East Suffolk Council Community Partnerships.

KWMCC registered charity number 1186279

Kesgrave Community and Conference Centre (KWMCC)

'Time Together Tuesday' (TTT) events are back, perfect for families and children up to 10 years old. Every Tuesday throughout the school Summer holidays, from 10am-12noon, join us for a morning of fun and creativity. Themed craft activities, a variety of board games, books, and colouring supplies, as well as toddler-friendly toys for the littles, will be available for free. Adults can enjoy complimentary hot drinks, and children can stay refreshed with squash and water. While the events are free, our tuck shop will offer treats for purchase. TTT dates: 6, 13, 20 and 27 August and 29 October. Please let us know if you're coming by emailing us.

Join us for live music at The Bandstand on 18 August, with performances at 11am, 12noon, 1pm, 2pm, and 3.30pm. Enjoy food from Chomps Catering, Ellen of The Cake Kitchen, and Alexander's Ices. Our licensed Bottle Bar and tea and coffee will be available, along with a raffle supporting the Jess Grant Celebration Charity. Bring chairs and picnic blankets, relax, and support local musicians. There will be some family fun, face painter and stalls to browse. We look forward to welcoming you for a summer of fun and community spirit!

Further upcoming KWMCC events:

Sunday, 9 September: An Afternoon with Dusty, Cilla & Friends Live Music Tribute, 2-4pm.

Sunday, 15 September: Autumn Big Clear Out Tabletop Sale, 2-4pm.

Thursday, 26 September: Macmillan's World's Biggest Coffee Morning, 10.30am-12.30pm.

Friday, 27 September: Smash Hits Disco Party, 7.30pm-late.

For all of the details on tickets for any of our upcoming events, please head to our website: www.kwmcc.co.uk/community-events/, call 01473 612648 or email events@kwmcc.co.uk. For enquiries, email reservations@kwmcc.co.uk. Address: KWMCC, Twelve Acre Approach, IP5 1JF. Registered Charity Number 1186279.

Portal Woodlands Conservation Group

Our Volunteers finally finished laying chippings on the main woodland path. Many thanks to donations of saplings from the Suffolk Tree Warden Network, and our young Volunteer, James Forbes, who took on planting them as part of his Duke of Edinburgh Award. Delighting visitors, spring brought the best display of foxgloves (*Digitalis*) seen in the woodland to date.



There is no Volunteer work morning in August. Our next work morning is Saturday, 21 September from 10am-12noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome. No experience needed.

For further information, please contact us at: pwcg.martlesham@gmail.com, phone: 01473 612632 or visit our website: pwcg.onesuffolk.net or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

Ipswich Guided Walks Season In Full Swing

The summer season of walking tours of historic Ipswich, with Ipswich Tourist Guides, is now in full swing. Ipswich is steeped in history with hidden gems around every corner. Taking a guided tour is a fun way to find out more about the town. Walks are available at 2pm every Tuesday and Thursday afternoon until the end of September and cost just £5 per person. Walks commence at the Admiral's House, 13 Tower Street in the town centre convenient for car parks and bus stations.



There are walks to cater for all interests so if you want to discover some fascinating facts about the town there's bound to be something for you. A selection of upcoming titles gives a flavour of themes to explore – Victims and Martyrs, Rags and Bones, Theatres and Cinemas, Corn to Coprolite and Saxons, Vikings, Normans! This year's programme also includes walks celebrating anniversaries of other organisations in the town including the Ipswich Art Society (150 years) and Ipswich Institute (200 years).

Booking is advisable but not essential. Places can be booked at the Ipswich Institute, either in person at 15 Tavern Street, Ipswich, IP1 3AA, or online via the Institute's website: ipswichinstitute.org.uk/ipswichtourist

For further information visit: ipswichtourguides.onesuffolk.net to view the current programme of walks or make contact with Ipswich Tourist Guides. A full colour leaflet of the Guided Walks programme is available from the Ipswich Institute, the Library, and other places in the town.

Parish Halls Rushmere St Andrew

Thank you to everyone who has visited our monthly market at Rushmere Village Hall, your support has been incredible. Each month there is a selection of local makers and crafters for you to discover including honey, jam, cakes, cards, art, crochet, yarn and more. We also have a used book sale every month which is raising funds for our free winter lunch sessions planned this winter at the hall. We also have free tea and coffee available for everyone too (no purchase needed). We hope to see you at a market soon.

The next few market dates for your calendars are 3 August, 7 September and 5 October. Doors open at 9am-12noon and entry is free. Rushmere Village Hall, Humber Doucy Lane, IP4 3PD.

If you would like to hire either of our halls (Rushmere Village Hall or Tower Hall) for a children's party, family celebration, quiz night or for regular group meetings/classes, please contact us at: parish.halls.rushmere@gmail.com

www.parishhallsrsa.onesuffolk.net

Has Your Double Glazing Steamed Up?

Established for over a decade Cloudy2Clear windows have become a leading company for glass replacement. Issues with double glazing can often be gradual and may only be noticed during a clear sunny day or during the winter. A failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed

double glazing? If you act now you can avoid these problems.

Now, you may think you need to replace the whole window including the frames and all the hardware, however Cloudy2Clear have come up with a simple and cost saving solution... Just replace the glass!!

If you see condensation in your windows just visit our website or give us a call on **0800 61 21 118**. We will send out our highly

experienced engineers for a free no obligation quote. A Cloudy2Clear quote takes on average no longer than 20 minutes. Once the quote is completed, we will sit down with you and explain the problem and tell you how we can fix it. With years of experience Cloudy2Clear have a wealth of knowledge and are recognised as a Which Trusted Trader, plus our work is backed by an industry leading 25 year guarantee.

Cloudy2Clear also replace faulty locks handles and hinges on all windows and doors.

Your friendly local Cloudy2Clear specialist is Andy Kerridge and he services the Ipswich, Woodbridge, Manningtree, East Bergholt, Capel St Mary Hadleigh, Stowmarket & surrounding areas.

So, if your windows are steamed up, broken or damaged give Andy a call for a free quotation on **0800 61 21 118**.

“
*Cloudy2Clear
 GUARANTEE All
 Customers That An
 Average Quote Will
 Take No Longer
 Than 20 MINS!!!*
 ”



STEAMED UP DOUBLE GLAZING?
 Don't Replace The Frames... Just The Panes!

Cloudy2Clear Are A...
 **Which? Trusted Trader**


REPLACING YOUR FAILED DOUBLE GLAZING

All Glazing Backed By Our
25 YEAR GUARANTEE

Priority Freephone
0800 61 21 118
www.cloudy2clear.com

Broken Or Damaged Windows? Faulty Locks, Handles, Hinges?  



TIME TO RECLAIM YOUR LOFT SPACE



We are specialists in loft ladders and hatches for easy and safe access to your loft. We also provide boarding, lighting and insulation solutions. Call us now to find out how we can help you turn your lost space into a really useful loft space.



WHAT MAKES US DIFFERENT

- No waiting around. We arrive on time, every time
- Lifetime Guarantee
- Reliable, local company working in your home
- Extra confidence because we are accredited by Which? Trusted Traders
- Absolutely no mess and no fuss



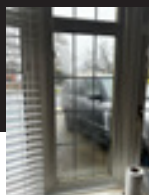

Call Nick to book a FREE survey & quotation WWW.ACCESS4LOFTS.CO.UK

01473 851883



Local Independent Window and Door Repairs

Misted Units



Window Repairs



Door Repairs



**Fast Turnaround
Affordable Prices**

Honest, reliable and friendly service offering completely free quotes and advice for all window and door repairs and glazing work

www.ipswichglazingsolutions.co.uk

What we offer:

- Replacement Glass and Sealed Units
- Window and Door Locks and Mechanisms
- Hinges, Handles and other parts
- Catflaps
- Maintenance and Adjustments

NEWS



Suffolk Family History Society

On Wednesday, 7 August, David Eniffer, well known for his work with and for the Essex Family History Group presents, "Missing from Home" this time as a Zoom stream into the hall.

This talk is about those ancestors who seemed to have disappeared from the face of the earth. Annoyingly the family may have never discussed them, leaving the imagination to run wild. This talk covers some alternative ways of tracking relatives that may be scattered all over the world. As his examples and case studies will demonstrate, findings may be heart-breaking, inspiring or sometimes mildly amusing. Hopefully, the case study examples will help and inspire you to shed a light on those old family mysteries.

The talk starts at 7.30pm, and the evening will finish between 9.30-10pm. This takes place at £2 for Society members, £3 for non-members – pay on the door on arrival – no need to book in advance.

The Salvation Army Citadel, 558 Woodbridge Road, Ipswich, Suffolk IP4 4PH.

For updated information on this talk, and other things, go to: www.suffolkfhs.org.uk – look under News or contact Howard on: 01473 274300 / ipswichChairman@suffolkfhs.org.uk.

Suffolk Tango

Are you looking for an activity that's fun, keeps you fit in body and mind, and widens your social connections? Argentine Tango ticks all these boxes and more!

Check out Suffolk Tango's New Beginners' Course... with its evocative music, and its mixture of elegant and playful moves, Argentine Tango is a great way to improve balance, exercise your mind, develop poise and make friends. Our aim is to give you the ingredients to be able to join in Social Tango Dances, locally and anywhere in the world! Suffolk Tango is excited to be able to offer you the chance to join our weekly "New Beginners' Course", starting on Thursday, 12 September, 6.30-8pm at the Martlesham Community Hall, Old Felixstowe Rd, Martlesham, IP12 4PB.

We welcome total novices, people with other dance experience or those who want to revise the basics. The fee for each lesson will be £7, payable on the day, and this will entitle class members to stay to watch, (and later in the term, join in with) the Improvers' Class/Practice Session which follows. This will be an opportunity to meet, chat and dance with the local Tango Community. It's not essential to come with a partner, but nice if you can. To find out more about this fabulous dance, check out our website: suffolktango.org.uk – where you will find an introduction to Argentine Tango as well as details about our venues, activities and mailing lists. You can also find us on Facebook. If you have any questions or would like to register your interest, please contact Julia by email: contact@Suffolktango.org.uk

RSPB Ipswich Local Group

Our indoor meetings will be starting again in September when Steve Everett, a wildlife photographer and RSPB volunteer will be telling us about 'Autumn and the Minsmere Deer Rut', followed in October when Ian Barthorpe, Visitor Experience Officer at RSPB Minsmere will be describing his trip to South America: 'Jaguars and More – Exploring the Brazilian Pantanal'.

All indoor meetings take place on the second Thursday of the month at 7.30pm in Rushmere St. Andrews Church Hall, The Street, Rushmere, IP5 1DH between September and April (inclusive). Charges, which include refreshments, are £5 for non-members and £3 and £2.80 (concessions) for members of the local group. Young people under 18 (who must be accompanied by an adult) are free. All outdoor meetings, unless specifically stated, are free.

Outdoor meetings planned for the summer and early autumn include: Landguard Nature Reserve, Trimley Marshes SWT Reserve, Christchurch and Bourne Parks and Wrabness EWT Reserve.

Walks are expertly led and there is always someone willing to help those less experienced with bird identification. Details of all walks including date, time, distance covered, and meeting place can be found by contacting us in any of the ways set out below. Suitable clothing and footwear should be worn, and refreshments carried if needed.

All are welcome at our meetings. Membership of the RSPB, either local or national, is not a requirement.

Further information for both indoor and outdoor meetings can be found on: www.rspb.org.uk/groups/ipswich or find us on Facebook: RSPB Ipswich Local Group or telephone: 01394 809236

KESGRAVE TYRE & EXHAUST CENTRE

BRIDGE WORKS, 223 FOXHALL ROAD
01473 710720

Est. 33 years – Family Run Business

ONE STOP MOT & SERVICE CENTRE

Brakes and Clutches

Shock Absorbers

Car Air Conditioning

Servicing and Repairs

Tyres and Exhausts

Full Diagnostic Service



Batteries
Wheel Balancing
Wheel Alignment

Welding



NEW We can now MOT Class 4 and 7 vehicles

FREE collection and delivery

Book your MOT online at
www.kesgravetyres.co.uk



Kesgrave WI

As our July meeting fell on American Independence Day we decided to have an American themed meeting. Members came dressed in red, white and blue, some with their own 'millenary creations'. Our room for the evening was decorated with 'real' American bunting, tinsel, napkins etc. brought back from the USA by a member on one of her visits to family earlier this year.

Some members shared experiences of their travel in the USA – Diane White recalled her 'Trip of a Lifetime' whilst visiting her son in the USA. Jo Bradley talked about the Amish people and their way of life illustrated with samples of their handiwork. Monica Collins brought a Kaffe Fasett inspired hand knitted jumper using 32 different colours. Kaffe Fasett is a well known American textile artist now residing in the UK famous for his use of colour.

Members then tested their American General Knowledge attempting to fill in the names of the American States on a blank map – aided by listening to Perry Como's 'Delaware' – a blast from the past!

Refreshments on the night continued the American theme included popcorn, doughnuts, pizza, and pretzels. Raffle prizes continued the American theme – Betty Crocker Cake Mix, Hershey chocolate, Oreo cookies, M&M's and Reece's Pieces complete with a can of Coke being a 'booby prize'!

Kesgrave WI would like to thank all those families who visited our Refreshment Stall at the recent Kesgrave Fun Day – over 200 hot sausage rolls along with approximately 400 slices / packets of cake and savouries were sold, along with hundreds of cups of tea, coffee and cold drinks.

Our August meeting will be our Garden meeting and will be held in the conservatory at KWMCC at 2pm instead of our usual evening meeting.

Visitors are always welcome to join us for our usual monthly meetings which are held on the first Thursday of the month at Kesgrave Community Centre, Twelve Acre Approach at 7.15pm. For any information regarding Kesgrave WI please contact Di Chilver, secretary on: 01473 611415.

KALGA

August is a top month for harvesting, so it is hopefully a time of plenty! It's good to harvest regularly as some vegetables in particular such as beans and courgettes seem to sneakily suddenly grow too big!

Salad leaves are great to grow this month. You can buy salad leaves in different mixes too, such as oriental mixes or spicy mixes, which is a nice change from the norm. Rocket comes from the mustard family and is so easy to grow from seed and not surprisingly grows quickly too. There are two types, salad rocket and wild rocket. The later will keep producing peppery leaves. Rocket can easily be grown in containers too and to prevent them from bolting in the summer it is better to grow in light shade.

Many people who grow their own food make a conscious choice not to use chemicals (pesticides and fertilisers) as well as preferring not to be exposed to these chemicals ourselves, the concept of this is that our soil is a living structure where gardeners work with the soil rather than control it with chemicals. Some of the physical methods that are used instead include manual weeding, companion planting, making your own compost, selecting the strongest healthiest plants to begin with and of course encouraging beneficial wildlife into your space to work with you.

It has been lovely to see the flash of green as a pair of green woodpeckers dart across the allotment and also a pair of beautiful jays resting in the hedgerow. Delightful groups of long tailed tits regularly make their way through the trees along the edge of KALGA.

If you are interested in joining KALGA waiting list, please email our Membership Secretary, Angela Brown at: kesgraveallotments@outlook.com

Wendy May

Badminton in Kesgrave

Woodbridge Badminton Club are running a summer badminton club on a pay-as-you-play basis at the Kesgrave Community Centre Sports Hall on Thursday evenings 8-10pm, running until the end of August. The cost is £6 per session. From September we will return to Kesgrave High School for the winter season (September-April) on Wednesday evenings at 7.30pm.

We welcome a range of abilities but unfortunately not complete beginners. www.woodbridgebadminton.co.uk / email: contact@woodbridgebadminton.co.uk or ring Jim Cavanagh on: 07803 232892.

Kesgrave Panthers Cycle Speedway Club

On 26 August 2024 Kesgrave Panthers Cycle Speedway Club will host the Lloyds Bank British Individual Championships on our track at the Kesgrave War Memorial Community Centre (IP5 1JF).

The action starts at 10am and will continue throughout the day with the best riders in the country going elbow to elbow for British titles in the Over 40, Under 16, Women's and Open categories. Please come along to support your local club as the talented junior riders of Kesgrave mix it with the best in the sport. There is free entry to the event and we will have snacks and refreshments, a BBQ and the Community Centre bar will be open serving drinks.

What is Cycle Speedway? Short oval shale tracks, four riders head-to-head. Explosive, elbow-to-elbow action. No brakes. That's cycle speedway in a nutshell.

Kesgrave Panthers are the current overall British Club Champions also holding the Under 10, Under 12, Under 16, Under 16 (Girls) and Under 18 Club titles. For more information on the Kesgrave Panthers Cycle Speedway Club please visit the following pages:

www.kesgravepanthers.co.uk

Facebook: Kesgrave Panthers Cycle Speedway Club / Instagram: Kesgravepanthers

Kesgrave Tennis Club

If you've been Inspired by Wimbledon to take up or come back to tennis then come along to Kesgrave Tennis Club (located at the community centre sports area). We welcome all ages and abilities; and have various membership packages available. If you are interested in joining, would like details on play sessions or group or individual coaching (open to non-members too), or need any more information please contact us at: secretarykctc@outlook.com, see our website: clubspark.lta.org.uk/KesgraveTennisClub or look at our Facebook page. Adult club sessions are on Wednesday nights 7-10pm all year round – come along and try!

Details of coaching sessions running at the club on the coaching page on our website. Head Coach, Matthew Last has sessions for juniors – youth (red, orange and green ball) and teen players; and for adults – clinics, cardio, pair and play, Tennis Xpress, team training. There are also summer camps for juniors. These are all open to members or non-members.

The summer leagues are coming to the end now, with our five teams all having enjoyed matches at home and away.

Our Annual Club Championships is well underway – we are getting closer to finding out who will be competing for the trophies on Finals Day on 14 September.

On Sunday, 30 June we took part in the KWMCC Open Day/Kesgrave Cruisers 10K run event, by opening our gates to anyone interested in tennis. We had some fun games for juniors and a hitting wall to perfect your shots. See picture.



Ipswich and District Croquet Club

Croquet Club helps local employers

Working from home brings with it many benefits for employers, local communities; and our environment by reducing unnecessary travel. However some recent research shows that while employees are by and large happier working from home their productivity can suffer.

Despite huge advances in electronic communications, the positives of the daily face to face interaction provided by the office environment are greatly diminished. As a result holding team building and networking events can play an increasingly important role in sustaining employee engagement and productivity.

Ipswich Croquet Club now offers local employers the ideal venue for team building, networking and socialising events at highly competitive rates. The club provides all the necessary equipment and instruction. Croquet is a competitive sport of tactics and accuracy rather than physical prowess. As such it is played by all on equal terms regardless of age, gender or physical strength. The basics of the sport can be picked up and enjoyed in minutes with minimal instruction making it ideal for group and corporate events.

For further information contact Martin Brown: 07780 704792 or email: croquetclub.ipswich@gmail.com / www.ipswichcroquetclub.com

Heath Primary School and Nursery

It is hard to believe that we have reached the end of the Summer term already. It has been an action packed term which has seen the children from across the school taking part in some amazing activities, such as pond-dipping in the school pond and coming face-to-face with newts, diving beetles and dragonfly nymphs; competing in myriad sporting competitions and House tournaments (something that has helped the school achieve our School Games Mark Gold Award); taking part in our 70th year jubilee celebrations, and working on enterprise projects with business from the local community such Stokes Sauces and Bay Tree Pizza. One of the final events of the term was our drama club production of The Snow Queen.

Reception Places 2023

If you have a child who was born between 1 September 2020 and 31 August 2021, you may have started thinking about Reception places for September 2025. We warmly invite families, including those who are out of catchment, to have a personal tour of our school. You will have the chance to meet our Reception team and find about all of the fantastic opportunities that we can offer your child. To find out more, you can visit our dedicated page for prospective parents on our website, which includes a full video tour. To arrange a personal tour, please contact a member of our admin team on: 01473 622 806.

Email: admin@heathkesgrave.suffolk.sch.uk / Website: heathprimary.co.uk
David Whatley, Headteacher

Cedarwood Primary School

This term, we have been celebrating our boys' football success. Below is their story, written by their coach - Dan Youngs. Cedarwood boys' football team started their IPSSA football cup journey in the autumn term. They played some great football to advance through the first few rounds of the cup. These wins really grew their confidence. We continued this good form when we played in the next round in February, which resulted in another comfortable victory. This win led to us advancing to the quarter finals, where the team were really starting to believe that this could be their year. We praised them for their performance, but encouraged them to focus on one game at a time. A great team performance and hard work then resulted in an amazing victory in the quarter final.

After the Easter break the day arrived to play our semi-final. This proved to be a very competitive and difficult first half. In the second half we stepped up the performance level and intensity and achieved a 5-2 victory! On 10 June, the final was played at Needham Market Football Club against St. Johns. Before the game, we explained to the squad that some of them would be starting as subs and challenged them to be 'game changers' when they came onto the pitch. We showed some signs of nerves early in the first half and St. Johns took the lead. We worked hard as a team to try to get back into the game and we were able to score an equaliser early in the second half. With the game edging nearer to extra time we made one final sub. This player then scored what proved to be the winning goal and was able to be a real 'game changer'! It has been fantastic to see the boys' cup journey this year, showing their determination, team work and resilience. The day of the final will be one they will remember for a long time!

Tina Shute, Headteacher

Rushmere Baptist Church

We have just had Secret Agents Holiday Club with lots of children. However if you are 65 plus and feeling lonely or isolated or just in need of a happy day out we invite you to come to Holiday at Home on Wednesday, 7 August, so please contact Shirley Austin, on 07789 955938. The cost is £10 per person. Places maybe in short supply so please phone straight away.

From 10am-5pm enjoy crafts, fun exercise, lunch, tea and cake, entertainment and thought for the day, with friendly company and chatter. We will be celebrating Ipswich Town Football Club's promotion. Perhaps you remember their successes in the past?

Once you have met us you might enjoy our regular events in the autumn and you will always be very welcome. On the fourth Saturday of the month there will be a very friendly Coffee morning, 10am-12midday, and from September the Second Wednesday is Friendship Afternoon, 2.30-4pm, with refreshments, friendly chatter and an interesting speaker, cost £2.

Every Sunday morning at 10.45am we meet as a church for a worship service, with music, prayer and a talk. Everyone is very welcome to join us and find out more about God who is at the centre of all we do. There are groups for children and teenagers, and refreshments after the service.

However on 1 September, we are having an extra service at 6.30pm when people from the other local churches of various denominations will come along for a united service. If you belong to any of the other churches or to no church we invite you warmly to come to the service and stay for refreshments afterwards.

All Saints Kesgrave with St Mary Playford and All Saints Little Bealings

You will hear a voice behind you saying, "This is the way; follow it, whether it turns to the right or to the left." Isaiah 30 v. 21

August is the month of preparation for the new academic year that lies ahead: from Nursery stages onwards decisions are made which impinge on future careers or a sense of vocation. For those leaving education and seeking work, particular prayers are needed as our society is desperately in need of the practical-and-down-to earth: a "virtual" plumber or roofer is of little use when water is leaking everywhere.

At All Saints Kesgrave we are preparing for the appointment of an Interim priest - (This will allow us time to re-advertise for a permanent incumbent) – and for a fresh exploration into the family and children's work we want to do. If you have thoughts or expectations around this area please get in touch. The Breakfast Special and FIG Family service will be taking a break in August, hopefully returning on 15 September (the Third Sunday in the month).

Finally both the All Saints Kesgrave Church Hall and the Fred Upson Hall (formerly British Legion) still have spaces for hire: full details on the website: www.asksesgrave.org/churchhall.htm. As I write this, it's pouring with rain again, so let's hope there will be some 'sun, sea and sand' before the onset of Autumn!

Sally Wainman, 07807 984589

CARPENTER

- ◆ Modern style furniture made to your specification (mdf painted)
- ◆ Painting & Decorating
 - ◆ Doors Hung
 - ◆ Laminate floors
 - ◆ Fitted Kitchens
 - ◆ No job too small for a fast friendly service

call Ian on
01473 731979
Mob: 07867 852241

YOUR VISION LANDSCAPING

PATIOS • DECKING • FENCING • BLOCK PAVING
& ALL OTHER ASPECTS OF LANDSCAPING

ALEX: 07411 418129 • 01473 613263
mneillalexander141@gmail.com

JC Home Entertainment & Domestic Appliances Services

For all your Home Entertainment and Domestic Appliance requirements. Quality and friendly service.

- TECHNICAL FAULTS & RE-TUNES
- REPAIRS & INSTALLATION SERVICE
- SUPPLY & INSTALL NEW APPLIANCES
- HUMAX FREEVIEW & FREESAT SPECIALIST

So, if you need help with your TV, DVD recorder or audio system, contact:
John Crawford 07733193696
E: jc.bes2017@gmail.com
Previously worked at Matthews • 25 years experience



CHIMNEY SWEEP

TL CHIMNEYS

**CHIMNEY REPAIRS
LINER & WOODBURNER INSTALLATIONS**

BOOKINGS 07780 834551 • MOBILE 07733 420611

Email marcus@tlchimneys.co.uk

www.tlchimneys.co.uk

SUFFOLK • NORFOLK • ESSEX






**A-Rated PVC-U Windows & Doors
Composite Doors**

Windiman

Double Glazing
Repair Specialists
Misted Sealed Units Replaced

Halesworth Mobile Ipswich
01986 873901 07860 945416 01473 832473

sales@windiman.co.uk

204632

Over 20 years experience




digital dimensions

Aerial, Satellite And CCTV Specialist
Covering Ipswich And The Surrounding Area



- Digital TV aerial installation
- Freesat installation
- Poor signal problems aerial & satellite
- CCTV installations
- Freesat & SKY service calls
- Multiroom viewing aerial & satellite
- FM & DAB aerial installations
- TV wall mounting
- Domestic and commercial installation
- Free quotations

Call Digital Dimensions on 01473 716976 or 07860 156421
Web: www.digital-dimensions.tv Email: info@digital-dimensions.tv Like us on Facebook

KESGRAVE GARDEN SERVICES

**Fencing & Turfing
Hedging & Patios
Landscaping & Blockpaving**

**Please call Peter 07921 450399
No job too small**

Tuddenham Road Dental Surgery

Mr I.Paraskevopoulos BchD Msc RAAD
Mr W.J.Hendriks BChD (Stell)
Mr Anis Jaleel BDS (Lond) LDS, RCS (Eng)
Dr Gerrit van Niekerk BChD (Stell)

We aim to provide excellent dental care for you and your family with a focus on prevention rather than cure. Our whole team is committed to making your patient journey as pleasurable and comfortable as possible.

Now accepting new private adult patients.
NHS waiting list for children under 16.

We provide a wide range of procedures including:

- Tooth Whitening
- Veneers
- Crowns and Bridges
- Inplants
- Adult Orthodontics (Braces)
- Dentures



11A Tuddenham Road
Ipswich, Suffolk, IP4 2SH
01473 252400
tuddenhamroadpracticemanager@gmail.com



Martlesham Fencing & Gardening Services

**New fencing & repairs
All types of fencing supplied & fitted
Gardening projects & maintenance**

Contact Kevin for a FREE quote
07943853860
martleshamfencing@gmail.com
www.martleshamfencing.co.uk

SPECIALISTS IN FELT, GRP & EPDM ROOFING

NEXTGENERATIONFLATROOFING LTD

**Insurance Backed Guarantees,
Free Quotation, No Obligation!**

Family Run Business - 45 Years Experience

- RubberBond Roofing 50+yr Life exp
- Felt Roofing with 20 year guarantee
- GRP Roofing with 25 year guarantee
- Chimneys Rebuilt or Re-Pointed
- uPVC Fascias & Gutterings
- Tile & Slate Repairs





01473 833446 www.nextgeneration-roofing.co.uk
07896 787424 enquiries@nextgeneration-roofing.co.uk



SOLARWISE

Roofing & Building Services Ltd



Norfolk & Suffolk: 07377 338275
Essex: 01206 628544

All work Guaranteed • No Deposits
14 Day cooling off period

We have a reliable, honest and highly skilled team of roofers, which enables us to offer you one of the most professional and cost effective services throughout the local area.

We offer the complete roofing service; from major re-roofing projects to minor domestic roof repairs that are not only competitively priced but also providing you with peace of mind.

Specialists in all aspects of Solar Panels

Solar panel systems, being a source of green electricity, save carbon dioxide emissions and mitigate climate change. You generate your own electricity, becoming more self-sufficient that means lower bills.

All this can be achieved whilst offering substantial financial savings, meaning you can be green and rewarded for it at the same time.

- New Roofs
- Flat Roofs
- Roof Repairs
- Ridge Tiles
- Chimneys
- Repointing
- Fascias
- Soffits
- Cladding
- Guttering
- Panel Cleaning
- Panel Repairs
- Installations
- Solar Cleaning
- Bird Protection
- Solar Electrics
- Panel Laminating
- Solar Inverters
- Cable Tying
- 24/7 Call-outs
- Greenpeace energy to help climate change

Family run business

shayne@solarwiseservices.co.uk

- Registered Company -

FREE ESTIMATES